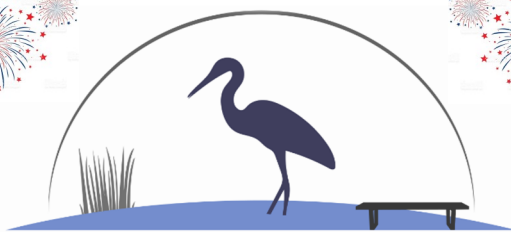




Peck Center &
Recreation Department
information can be found
on the web at:
www.barrington.ri.gov



Peck Center

For Adult Enrichment



PECK CENTER HOURS
MON. - THURS.
9:00AM - 4:00PM
ALL PROGRAMMING
ENDS AT 3:45PM

FRIDAY 9AM - 1PM

281 County Road, Barrington, RI 02806, 401-247-1926 x201, seniorpt@barrington.ri.gov

JULY 2023

PECK CENTER STAFF

Michele Geremia
Director

Senior Services:
Cathy Impellizzeri
Elizabeth McGuire

Administrative
Assistants

Rod Maturi
Tom Wallis
Kitchen
Supervisors

John Toolan
Chuck Reese
Bus/Kitchen Staff

Bill Kurtz
Medical Alert
Coordinator

Recreation:
Tiffany Hayek
Program
Coordinator

THE PECK CENTER WILL BE CLOSED
TUESDAY, JULY 4TH IN OBSERVANCE OF INDEPENDENCE DAY



SEASONAL BEACH PARKING STICKERS

Seasonal beach parking stickers may be applied for online at www.barrington.ri.gov or by visiting the Peck Center during business hours. To obtain a seasonal beach parking sticker, you need your **license, vehicle registration and, if both do not show a Barrington address you will need to provide a copy of a utility bill or other document showing your Barrington address and your name.** All stickers are obtained at the beach, weather permitting.

HOT LUNCH LOYALTY PROGRAM

Would you like a free voucher for a Newport Creamery meal? It's easy to earn your voucher with our punch-card loyalty program.

All you have to do is enjoy 20 lunches here at the Center and it's yours! Each time you come for lunch we will punch your card and when completed you will receive your free voucher.



SUMMER CONCERT SERIES

The Barrington Summer Concert Series is a free, family, and fun event that runs from July through August at Latham Park (24 Latham Avenue) every Sunday from 6:00 to 7:30 PM.

Parking is free. Alcohol & smoking are prohibited.

2023 Schedule

- July 9: Neal & the Vipers
- July 16: Odyssey & the Brass Daddies
- July 23: By George
- July 30: Violin River
- August 6: Blue FO's
- August 13: Roger Ceresi's Allstarz
- August 20: Trinity
- August 27: Brass Attack



BRIDGE

Wednesdays 1-3:30pm

Substitutes are needed at times.

No Walk-ins

Call Peck Center receptionist in advance of Wednesday if you are interested in participating. We will contact the Bridge group to see if any extra players are needed.



The Senior Health Insurance Program (SHIP) provides assistance to individuals who are aging into or already enrolled in the Medicare System. Counselors provide individual counseling to Medicare eligible beneficiaries to help them understand healthcare cost/coverage and to make the most appropriate choice for their health care needs.

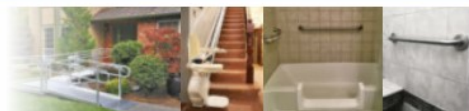
Appointments are on Tuesday afternoons.

Call the Peck Center to reserve your spot:

401-247-1926 X201



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MEMOIR WRITING CLASS @ 1PM
Mondays 7/10 and 7/24

Have you always wanted to try your hand at writing?

Do you have stories about your life or family history that you have often thought (or been told) should be written down? Here is your chance to do that with a fun, friendly, encouraging, nonjudgmental writing group.

For writers of all levels.

Limited to Peck Center members. 10 participants max; must pre-register. See receptionist to register.

Where: Peck Center Meeting Room

Cost: No fee for the class



FLOWERS FOR EVERYONE

"Three Cheers for the Red, White and Blue"

Tuesday, July 11 at 1:45pm Cost of \$22

In honor of our nation's independence day, we will create a patriotic masterpiece. Each participant will receive their own festive container complete with fresh delphinium, carnations, and babies' breath for designing. Spectacular results are guaranteed.

Sign up today - 12 student maximum!

Call 401-247-1926x201 to register.



Cancellations must be made
at least 24 hours in advance.



Sally Gruber HTR

**CONGREGATE NUTRITION PROGRAM, A DIVISION
OF EAST BAY COMMUNITY ACTION PROGRAM**

MEAL SITE INFORMATION/GUIDELINES:

Participation in the meal program is for anyone 60 years of age or older or handicapped.

Meals are served Monday - Friday promptly at 11:45am.

Hot lunches, sandwiches /salads, need to be reserved at least one day in advance by 10am and cancellations should be made 24 hours in advance by 10am.

You are responsible for filling out the menu choices you want, once that is done we will put you on the meal schedule. See menu in this newsletter.

East Bay Community Action Program requires a Rhode Island Congregate Meals Participant Information Form to be completed by all meal program participants. See Center staff for a form.

For reservations call or stop by the Peck Center.

Funded in part by the US Dept. of Health and Human Services, Administration for Community Living and state funds through the RI Office of Healthy Aging.

SEE MENU INSIDE THIS NEWSLETTER!

BOCCE AND CROQUET AT LIBRARY COVE

The new Bocce and Croquet courts at Library Cove is open and available to the general public for their use.

Groups wishing to book Library Cove in advance for Bocce or Croquet, will need to complete an **Application for the Use of Bocce / Croquet Courts form** and submit it to the Recreation Department. There are no fees for the use of the Bocce and Croquet courts. All other programming to be booked at Library Cove must be booked by completing an **Application for the Use of Public Lands- Non Leagues form**. These forms can be found on the Town website under the Recreation Department – Field Use.

The following rules apply to the use of the Bocce and Croquet courts:

- Games are on a first come, first serve basis unless reserved in advance.
- Play only one game if people are waiting.
- Rake Bocce court when game is finished.
- Bring your own equipment.

For Peck Center for Adult Enrichment members: equipment for both Bocce and Croquet is available during Peck Center hours (M-TH 9-4 pm; FRI 9-1 pm). All equipment must be returned to Peck Center prior to closing time.

LUNCH PROGRAM

Choose from Hot Meals, Sandwiches or the new healthy Salad option.

We can accommodate your larger group at your own table.

We provide transportation to the Center for lunch for Barrington residents, with a 24 hour notice.

On a special diet? Vegan? No sugar/no salt? Just prefer your own food but want to eat with friends?

Plan your lunch, bring it along and join us at the Peck Center for Adult Enrichment. Just give us a call so we can plan for the appropriate number of seats.

BINGO

Thursdays, 1pm-3:30pm



BLOOD PRESSURE SCREENING



Wednesday, July 19th - 10am-11am
Sponsored by VNH&H

Thursday, July 27th - 10:30am-11:30am
Sponsored by the Willows Assisted Living



HAPPY BIRTHDAY

Mary Combs	1	Gordon McKenna	18
Robert Cox	2	Carmella Azza	19
Holly Schenck	4	Barbara Girard	19
Shirley Silva	5	Elizabeth McGuire	19
Jan Wenzel	6	Asghar Anis	19
Carol Strakosch	6	John Kennally	21
Steven Pennoyer	7	Judy Carusi	22
Mary Araujo	7	Janice Ouimette	22
Ronald Medici	8	Nancy Thurston	22
Marge Dattoli	9	Dianne Zwicker	22
Norman Gregoire	9	Geneva Quigley	24
Sandra Andrade	10	Louise Bermon	24
Alicia Matthews	12	Irene Urban	25
Donna Sousa	13	Jean Rivet	25
Joyce Stevenson	13	Gerald Carrick	25
Joanne Lonardo	14	Jean Hogan	25
Diane Hause	15	Anne Alexander	25
Joseph Caito	16	Cynthia Rogers	25
Angelika Baker	16	Patricia McKenna	26
Eda Lombardi	16	Janice Zeichner	29
Nancy Racette	16	Sandra Kavney	30
Caroline Butterfield	17	Peter Hughes	31

BOOK CLUB

Once a month on the 2nd Thursday at 1pm

The book club is a reading group, consisting of people who read and talk about books based on a topic or an agreed-upon reading list. The Book Club may even choose books dedicated to a particular author or series.

Interested in joining? Contact

Robin Bacon at robinplus@aol.com.

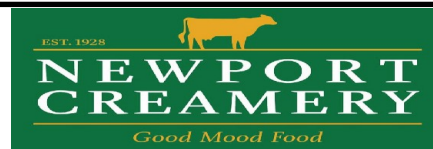
Join the Peck Center to participate.



ALZHEIMER'S CAREGIVER SUPPORT

Monday, July 10th, 1:00pm

The Alzheimer's Association will hold their caregiver support group the first Monday of the month. Meetings will be held on the second Monday if the 1st Monday falls on holiday. Please understand, this is a Caregiver only support group. E-mail Ann Murphy for more information: alm530@yahoo.com



**EBCAP Newport Creamery voucher program:
Suggested donation is \$7.50.**

Voucher can be used during designated hours for a specialized menu. Please note: The East Bay Community Action Program requires you to have a Participant Information Form completed and on file at the Center in order to purchase vouchers. See Peck Center staff for information.

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Barrington Senior Center, Barrington, RI

06-5230

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1-3pm - Alzheimer's Caregiver Support Group - Trustee Rm	<div style="text-align: center; color: red;"> <p>CENTER FOR HOLIDAY</p> </div>	5 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta	6 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 3:30pm - Bingo	7 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffle-board & Soft Bocce
10 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:15 Mah Jongg Class		12:15-10:15 - Chair Yoga 9:30-10:30 - Friends Board Mtg. 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta	13 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 2:00pm - Book Club 1:00pm - 3:30pm - Bingo 7pm - SSAB Meeting	14 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffle-board & Soft Bocce
17 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:15 Mah Jongg Class		19:15-10:15 - Chair Yoga 10-11am - Blood Pressure 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta	20 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo	21 9:30am-11am - Cribbage 10-11:15am - Yoga Mat class 10:45-11:45am - Shuffle-board & Soft Bocce
24 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:15 Mah Jongg Class	25 9:15-10am - Cardio Class 10:15-11am - Cardio Class 11:15-12:15pm - Chair Yoga 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing 2:15-3:45pm - Shuffleboard & Bocce	26 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta	27 9:15-10am - Cardio Class 10:15-11am - Cardio Class 10:30-11:30am - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo	28 9:30am-11am - Cribbage 10:45-11:45am - Shuffle-board & Soft Bocce
31 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:15 Mah Jongg Class	<div style="border: 2px solid red; padding: 10px;"> <p>FREE BAYSIDE YMCA PROGRAMS FOR PECK CENTER MEMBERS SILVER SNEAKERS - Tuesdays & Thursdays, 1:30pm - 2:30pm CHAIR YOGA - Thursday 12:10pm - 1:10pm ZUMBA - Tuesdays & Thursdays 11:00am - 12:00pm To participate, you must call the YMCA, 245-2444, within 24 hours of class time to register and show your Peck Center scan card upon arrival.</p> </div>			

JULY 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken soup Sweet & sour meatball Fried rice / 3 bean salad Roll / Chocolate chip cookie Grilled veggie salad w/ chicken	4 	5 Fresh fruit cup Crispy roasted chicken thigh Roasted sweet potato salad Zesty green beans / Roll Cookie Chef salad	6 Minestrone soup Lasagna roll up /meat sauce Roasted potato /Broc florets Snowflake roll Fruit Chicken salad on wheat	7 Tomato soup Salisbury steak w/gravy Mashed potato Mixed veg / Fruit Roll Spinach salad w/ chicken
10 Pasta & bean soup Shepard's pie / Mashed pot. Multi grain roll Pudding Ham & cheese club	11 Lentil & bean soup Beef tips w/ gravy Roasted sweet potatoes Green beans / Fruit Sliced multi grain bread Seafood salad on wheat bread	12 Greek cucumber salad Chicken cordon bleu Rice pilaf w/ mushrooms Mixed vegetables/ Roll Oatmeal raisin cookie Grilled veg. salad w/chicken	13 Minestrone soup BBQ pulled pork sandwich Cole slaw / Orzo salad Roll Cake Turkey on wheat	14 Tomato soup Sausage & pepper sandwich Green bean salad Roasted potato / Wheat roll Jello Egg salad sandwich
17 Vegetable soup Chicken cacciatore Roasted pot. Salad/Mixed vegetable / Roll / Fruit Seafood salad plate	18 Mediterranean rice salad Baked rigatoni w/mini meat- balls / Green beans / Roll Fruit salad Turkey & swiss on rye	19 Chicken soup Meatball & pepper sandwich Roasted pot./ Cucumber cranberry apple salad/ Roll - cookie Tuna salad plate	20 Tomato soup Sloppy joe / 3 – bean salad Chips - roll Cake Chicken sandwich	21 Tossed salad Fruit cup Beef stew / Wheat roll Pudding Ham & cheese on rye
24 Greek cucumber salad Meatball (1) Stuffed shell (1) Mixed veg. / Garlic bread Cake Cobb salad	25 Mushroom barley soup Smothered pork chop w/apples & peppers / Parsley pot./ Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll	26 Navy bean soup Liver & onions Mashed potatoes Peas / Watermelon - roll Hot dog w/roll	27 Minestrone Soup Chicken marsala Roasted brocc. & cauliflower Rice pilaf / Cookie Chicken salad sandwich	28 Fresh fruit w/cottage cheese Open turkey sandwich Stuffing / Cole slaw Wheat roll - pudding Spinach salad w/chicken
31 Vegetable soup Lemon chicken Pot. O'Brien/Sliced carrots Whole Wheat roll - cookie Turkey & Swiss/whole wheat		\$3.00 Suggested Donation Please call our Dining room 24 hours in advance	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens	<div> SERVING SIZES Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup </div>



HATTIE IDE CHAFFEE HOME



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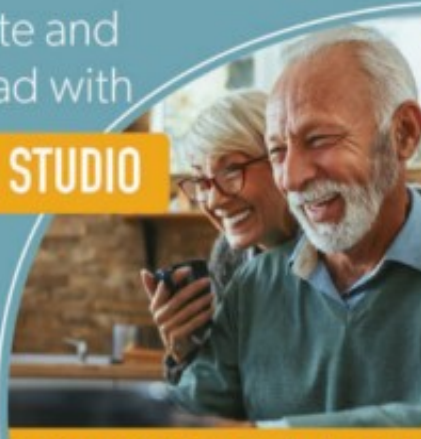
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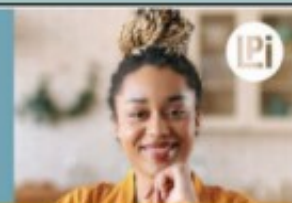
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